



4-H Youth Development

2000 Programs of Excellence

Life Skills

Healthy Lifestyles Education

Youth "Can" Make a Difference: An Empowering Youth Anti-Hunger Project

Kansas

Situation & Program Description

4-H members and other youth partners have learned to be more aware of hunger issues in their community, state, nation and world. They have also engaged in service learning activities which have encouraged them to be youth advocates to reduce hunger.

Data indicate that there are more than 21,000 hungry children in Kansas, and an additional 48,000 who are at risk of hunger. Hunger is a local, national and global problem that affects urban and rural, youth and senior citizens, and is generally associated with poverty. In general, citizens do not believe hunger is an issue in their community, but consider it an issue in developing countries.

Stakeholder Satisfaction

Kansas State (K-State) Research & Extension Department of 4-H Youth Development partnered with the Campaign to End Childhood Hunger (CTECH) to develop a curriculum that would provide factual, appropriate information on hunger, and challenge youth to develop and implement a community service activity to help alleviate hunger. A grant was received from the Kansas Health Foundation to develop, pilot, implement and evaluate 15 lesson plans with multiple activities appropriate for second grade through high school youth. A set of the materials was distributed to each of the 105 Extension offices in Kansas and to 4-H leaders who had purchased the Kansas 4-H Foods and Nutrition Project Leaders Notebook, as a supplement. Training was provided for Extension Agents to implement the program by sharing the resource with local community youth partners interested in hunger issues. The material was used by school classrooms, summer nutrition

sites, faith-based groups, and 4-H members.

A media event was created by promoting and conducting a statewide food drive at the 1999 and 2000 Kansas State Fairs. Extension Communications assisted by taping two news clips shown on Kansas television. One clip featured the governor's wife, First Lady Linda Graves, inviting Fair visitors to bring non-perishable food to help build the "Hunger House." The second clip showed Johnson county 4-H members unloading more than 1,300 pounds of food collected at their county fair, and stocking the shelves of the "Hunger House."

Accomplishments and Impacts

Hank Kasson, a VISTA volunteer with CTECH, used the evaluation instrument developed by the graduate research assistant to measure attitude and behavior change in 100 students at the NorthEast Magnet High School in Wichita. Preliminary results reported by Mr. Kasson indicate:

- Eighty percent of students who completed the curriculum would strongly recommend their fellow students to participate in this project.
- Ninety percent who completed the curriculum reached a decision on their own to start a student organization on hunger at NorthEast Magnet High School.
- At the start of the program on February 22, 2000, 64% of students did not believe that they could have an impact on hunger in their community.
- On March 16, 2000, at the end of the program, 90% believed they could become involved in helping to relieve the hunger issue in their community.
- Seventy-six percent of students believe that they could help others understand hunger issues in their community.
- On February 22, 2000, only 38% of students believed hunger was a problem in Wichita.
- On March 16, 92% of students believed hunger is a problem in Wichita.
- Ninety percent of students want to do more community service work, related to hunger issues.
- Eighty percent of students want to become involved in community gardening.
- Seventy-eight percent of students want to be more active in citizenship activities which address the hunger issue.

Resource Commitment

The project was made possible through a \$25,000 Recognition Grant awarded by the Kansas Health Foundation of Wichita, Kansas. A writer was employed, a VISTA stipended volunteer assisted at CTECH to implement the program in Wichita schools, the materials were printed and distributed, and a graduate research assistant was contracted through the Department of Kinesiology at K-State to develop survey instruments and assist with data analysis.

Approximately 3 FTE's have been invested by K-State Research & Extension faculty during the past two years to develop and implement this program. KKSU radio aired a promotion of the food drive to a potential audience of 500,000 listeners. An article in the Kansas 4-H Journal reached 13,000 Kansas 4-H families. A statewide news release was sent to the Kansas Press Association, and targeted feature stories were printed in the Wichita metro area. In 1999, nearly a ton of food was collected at the Kansas State Fair and was re-distributed by the Kansas FoodBank Warehouse across the state to food pantries and shelters. During the first weekend of the 2000 State Fair, two tons of food have already been collected. The "Hunger House", a 8'x12' house was constructed by five volunteers with exterior shelves to hold food that was collected. Materials to construct the Hunger House were donated by a major lumber company in Wichita. The Hunger House has traveled across Kansas to spring festivals, schools, and other county fairs to help visualize the need to address hunger issues.

Collaborators

Kansas LEAN Youth Organizations Task Force
 Kansas Nutrition Network
 Kansas 4-H Foundation
 Star Lumber and Supply Company
 Sedgwick County Teen Council
 Kansas Governor's office
 Extension Human Nutrition
 Crop Walk
 Channel 12, KWCH, Wichita
 Inter-Faith Ministries, Campaign to End Childhood Hunger

Contact Person(s)

Steven D. Fisher, Extension Specialist, 4-H Youth Development, K-State Research & Extension, 201 Umberger Hall, KSU, Manhattan, KS 66506, Phone: (785) 532-5800, Fax: (785) 532-5981 E-mail: sfisher@oznet.ksu.edu.

Other Base Program Areas This Program Applies To
 Nutrition, Diet and Health

Teen Parent Conference

Pennsylvania

Situation

According to "The State of the Child in Pennsylvania: A 1999 Kids Count Fact Book," births to single teens under age twenty are a statewide problem in Pennsylvania. Single teen parenthood is a predictor of future economic hardship for both

parent and child. Young mothers are less likely to finish high school and are far more likely to be poor, unmarried and welfare dependent than those who give birth at later ages.

The Montgomery County Teen Parent Task Force (TPTF) is trying to reverse these trends through education. According to Planned Parenthood Southeast Pennsylvania, education is helping to lower the incidence of teen pregnancy and this is evident in Montgomery County, where from 1980-1993 the number of births to single teens decreased 11 percent, while in the state of Pennsylvania, it increased almost 29 percent.

Program Description

The Annual Teen Parent Conference is part of a larger effort in southeastern Pennsylvania to educate pregnant and parenting teens, to empower them to make healthy decisions regarding care of themselves and their babies and to prepare them for independent living and for the world of work. Coordinated by Helaine Brown, Extension 4-H Agent, the conference is an ongoing program of the Montgomery County Teen Parent Task Force, a consortium of educational and social service agencies, schools and individuals in the county. Pregnant and parenting teens that attend the conference come from all over the county, from urban as well as rural backgrounds. Some are low-income, others are not. Some have the support and backing of their parents, some live on their own or in group situations. The adults who accompany them are teachers, social workers, nurses and others who work directly with them in school and in the community.

At the conference, youth and adults attend workshops such as Managing Your Money and Baby Too; Dads! You're Important, Too; Decision Making -What's Next?; Been There, Done That (secondary virginity); Chill, Don't Kill, Your Baby from Birth to 3; and Child Care and You. They also visit educational exhibits manned by agencies committed to working with pregnant and parenting teens to improve their lifestyles and help them make better choices for themselves and their babies. This provides a one-stop shopping place for teens and adults to learn about resources in the community.

Stakeholder Satisfaction

In 2000, the collaboration presented the 11th Annual Teen Parent Conference. Each year, the number of attendees has grown because more people are aware of the conference and word has spread of its popularity and of its educational value. As evidenced by attendee evaluations, the conference has been a success, and the program continues to improve each year based on evaluation comments. The Extension agent's involvement over the past several years has run the gamut from committee member to chairperson.

Accomplishments and Impacts

On evaluations, participants reported that they learned the following:

- There are many agencies that will help you find housing and day care for your baby.
- What shots the baby needs.
- How to budget; how to manage money.
- Injury prevention; keeping the house safe; the importance of safety; items parents should have in the house; preventing poisoning; crib safety.
- How to use car seats properly; importance of using car seats all the time.
- The dangers of smoking during pregnancy.

When asked what they would do differently for themselves or their baby, as a result of attending the conference, teens answered: (all direct quotes)

- Make sure my baby comes first; spend more time with her; read to her.
- Get a smoke detector.
- I will use better protection during sexual activity.
- I will not let anyone smoke around the baby. I will stop smoking.
- Take more safety precautions in my home; make my house safer for my child.
- Use a car seat all the time.
- Make sure I graduate from school and get a good job so I can take care of my child.
- I will read to my baby more often. I will interact differently when I play with my child.
- I will feed my son his baby food out of a separate container, instead of out of a jar.
- Set up a budget; try to save money; try to manage my money better.
- I will try even harder to get along with my family and my boyfriend.

Resource Commitment

Major funding for the luncheon was provided by Commerce Bank, which has indicated interest in a long-term commitment to the program. Each year they have given \$500. Many social service agencies and local businesses contributed door prizes. The county commissioners, local churches, and the Montgomery County 4-H Center have donated space for the conference. Speakers come from participating agencies, as well as Cooperative Extension, so there is no cost involved there. Participants are charged a small fee to attend (an attempt to discourage no-shows).

Collaborators

The Montgomery County Teen Parent Task Force is a collaboration of educational and social service agencies, schools and individuals in the county. Resources, both human and financial, are shared so that no pregnant or parenting teen "falls through the cracks" in the system. At the conference, Extension and other professionals in related fields teach workshops. Education stations are manned by agencies and professionals committed to working with pregnant and parenting teens. In addition to chairing the conference, the Extension agent also teaches several workshops and involves Extension co-workers in teaching workshops and facilitating education stations each year. Small businesses in the community also help to support the conference by providing in-kind donations such as breakfast, lunch, give-aways for all participants, and door prizes such as car seats.

Contact Person(s)

Helaine Brown, Extension 4-H Agent, Penn State Cooperative Extension-Montgomery County, 1015 Bridge Road, Suite H, Collegeville, PA 19426, Phone: (610) 489-4315; Fax: (610) 489-9277, E-mail: hxb1@psu.edu.

Mentors and Adolescents Partnership Program (MAPP)

North Carolina

Situation

Youth have multiple risks which fall in the following categories: drug abuse, sexuality issues, lack of quality, lack of safe leisure environment during non-school hours. Anti-social behavior and a lack of understanding and acceptance of diverse cultures leads to societal problems. Youth need to be connected to structured programs which encourage development of positive life skills, and family stability. Prevention needs to attempt to decrease at-risk behaviors and increase pro-social behaviors. Statistics indicate that teen pregnancies were 81.5%; teen birth rate was 62%; and 36.5% were out of wedlock. In 1998, there were 26 teen pregnancies of which 16 were live births. The infant mortality rate for Gates County is 12.0 as compared to 9.3 per thousand for the state. The low birth weight is 9.6 per thousand.

Program Description

Volunteer mentors work with youth, ages 10-19 years, delivering educational information in group settings and one-on-one situations. Information covers life skill development and health concerns as it relates to teen issues, which will enable them to prevent unintended pregnancy while developing as competent, caring members of society. Parenting teens are involved in additional programming efforts entitled Support for Teen Parents (STP), which addresses parenting skills and

career, employability development. Fifteen percent of the targeted female audience became pregnant in Gates County.

Stakeholder Satisfaction

One full time 4-H Program Associate manages the project. Youth meet with mentors monthly. Mentors were asked to donate a minimum of five hours a month to the program. In addition to curriculum meetings, youth participated in field trips and other 4-H activities. Youth, parents and funders have been pleased with the program impacts.

Community based 4-H program implements six components: (1) Community-based mentor program, (2) Peer helpers, (3) High school parenting elective, (4) pregnant and parenting teen support group/workshops-Support for Teen Parents (STP), (5) At large programming, (6) County-wide adolescent survey.

Accomplishments and Impacts

Component One - Nineteen volunteer adult mentors were trained to utilize an abstinence based curriculum entitled, "Sex Can Wait," along with supplemental curriculum. They reached 144 youth with topics covering values, decision making, self-esteem, gender roles, reproductive anatomy and physiology, sexually transmitted diseases, parental readiness, communication relationships, sexual decision making, goal setting, and life planning. There has been one pregnancy out of the 144 youth enrolled over the three- year period (1998-2000) and no second pregnancies by parenting youth.

Component Two - Six peer helpers have assisted with program implementation, as well as setting up community service projects and field trips. Youth participated in community service projects such as adopting an elderly person during the Christmas holidays and planned and implemented fund raisers to assist with a trip to Disney World.

Component Three - Funds supported a teaching position for a high school parenting elective utilizing "Baby Think It Over" dolls and curriculum. Twelve youth were enrolled per semester in the class. Youth experience first hand what it means to be a parent. These youth were totally responsible for their infant for one week. Comments made by the students indicated that they were not ready to be parents and post test scores indicated an increase in knowledge of parenting skills.

Component Four - "Support For Teen Parents" (STP), 12 pregnant/parenting teens were enrolled. Youth were taught to transition from teen to teen parent. Youth were given information on parenting, and health related subjects, decision making, time management, financial management, and continuing education. All have had healthy babies, have

remained in school, or have graduated. Those graduated are working or enrolled in higher education.

Component Five - Interagency collaboration produced: A youth leadership workshop entitled "Peers Empowering Peers," which trained in the leadership area and service learning. Gates County Jams, a youth leadership workshop, was also conducted.

Component Six - Search Institute Survey has been conducted on youth grades 6th -12th grades. Results indicate that MAPP youth are a true sampling of the target audience. On average the MAPP middle school youth had 3-5 more assets than the general population. MAPP youth had higher assets in: Other adult relationships; Community values; Service to others; Creativity; Youth Activities; and Religious community. A variety of evaluation tools are being used to measure knowledge and skills gained and behavior changes.

Community embraces the MAPP project: interagency collaboration and awareness of adolescent issues has increased; 19 mentors trained; 144 youth reached; 5 graduated and enrolled in college. Three youth were selected to attend North Carolina 4-H Congress (youth Leadership Conference) due to their leadership skills exhibited. Only 1 of 144 youth became pregnant during the three year program. No second pregnancies occurred among teen parents in the STP component. Mentors donated 4,461 hours of service to the program over the last three years. This volunteer service was worth \$44,610. An adolescent pregnancy cost taxpayers on average \$30,000 a year. This program over the last three years has saved taxpayers approximately \$613,470,000.

Resource Commitment

Seventy-five thousand Emory University, Gates County 4-H, In-kind contributions, collaborative efforts with other grant funded programs.

Collaborators

Emory University, Family Care Center, NC Cooperative Extension Service, Gates County Center, NC State University, Gates County Schools, Gates County Department of Social Services, NC Commission on National and Community Service, NC Health and Human Services, Gates County Correctional Center, the medical profession, 103 JAMZ radio station, and local businesses.

Contact Person(s)

Reba Green-Holley, Co. Extension Director, PO Box 46
Gatesville, NC 27938, Phone: (252) 357-1400, Fax: (252) 357-1167, E-mail: reba_green-holley@ncsu.edu.

Patrice Taylor, Family Care Center Director, PO Box 46
Gatesville, NC 27938, Phone: (252) 465-4549, Fax: (252) 465-
4356, E-mail: patrice_taylor@ncsu.edu.

Partnership for Healthy Mississippi

Mississippi

Situation

The Mississippi State legislature and the Mississippi Attorney General's Office agreed to support the Mississippi State University— Extension Service (MSU-ES) 4-H program with an additional \$900,000 in 1998. This level of funding was again awarded for Fiscal (FY) 1999 and then incorporated into the base budget in FY 2000 by State Legislature. The funds were to be used to support base 4-H programming at the county level and increase awareness and educational efforts about the hazards of tobacco use by young people.

Program Description

Each of the 40 Mississippi 4-H projects has a focus on helping young people develop a healthy lifestyle in addition to the leadership development and citizenship skills offered as a part of each subject matter based project.

A total of 100,896 Mississippi youth were enrolled in 4-H youth development educational programs this year. This was an increase of 38 percent over 1998. Of the total number of youth in 4-H, 48 percent are from minority racial-ethnic groups. To be exact, 30,406 youth are enrolled in projects categorized as healthy life style education. This is an increase of 21,745 from 1997.

During State 4-H Congress, more than 800 youth and volunteers were commissioned to make their communities better places to live by taking action, seeking common ground, honoring differences, and being tobacco free. The last statement the State 4-H Council President and Attorney General lead the group in was "I am a 4-H member and I will get things done."

More than 200 youth were involved in the statewide teen leader's conference focusing on healthy choices. Workshops featuring the new *Health: It's Youth Choice* were taught by 29 4-H Youth Leadership Team Members. More than 20 county teams developed a "health-related" plan of action to implement after the conference throughout the 4-H year.

In 1999, 4-H members chose health as a primary focus of Senior Leadership retreat, a new conference focusing on the

15-18 year old. In 2000, "Free for Life" a decision-making curriculum was used.

Twenty-six Extension Officers have been actively involved in Community Coalitions to apply for community grants. New partnerships have been formed at the local level. MSU-ES was directly involved in 13 community coalitions who won grants valued in excess of \$500,000. This was possible in part due to expansion of 4-H program and Extension's expertise in building coalitions and "youth and partners." All coalitions include 25 percent of governing boards that are youth.

Accomplishments and Impacts

The Mississippi State legislature and the Mississippi Attorney General's Office agreed to support the Mississippi State University— Extension Service 4-H program with an additional \$900,000 in 1998 and again in 1999 \$900,000 was given to continue this program. The funds were to be used to support base 4-H programming at the county level and increase awareness and educational efforts about the hazards of tobacco use by young people.

Collaborators

Partnerships included all 50 agencies affiliated with the Partnership for Healthy Mississippi. They include Mississippi Department of Health; Boy Scouts; Parent-Teacher Organizations; Municipal Association; Nursing Association; Medical Association; and other community and private organizations.

Contact Person(s)

Dr. Susan L. Holder, State Program Leader, 4-H Youth Development, Box 9601, MS State, MS 39762, Phone: (662) 325-3352, Fax: (662) 325-8407, E-mail: susanh@ext.msstate.edu.

Intentionally Inclusive 4-H Club Program Shine up And Step Out

North Carolina

Situation

North Carolina's youth with developmental disabilities (DD) have limited opportunities for integration and inclusion within their own community. These youth have even more limited access to generic educational/recreational community programs for many reasons: 1) parents of young persons may not be aware of programs that are available; 2) parents of children with DD and youth themselves report a "fear of rejection;" and 3) a perception that there are limited opportunities for success in these programs.

Program Description

To create that engaging environment the North Carolina 4-H program in collaboration with the North Carolina Council on Developmental Disabilities implemented a four year pilot project to "intentionally include" youth with disabilities into 4-H club programs. During the 1999 - 2000 planning year phase of this project, an exciting hands-on curriculum was developed to increase awareness and promote sensitivity to issues that youth with disabilities face. The new curriculum entitled Shine Up & Step Out promotes youths similarities not their differences and provides a unique vehicle for community capacity building. Promotional materials were also developed to market this project to parents of children with DD, to DD professionals; and an inter-active marketing piece was developed to target youth in an inclusive manner.

Four county based 4-H programs from across the state received a grant in October, 1999 to implement the program in a total of twenty (20) 4-H clubs. These twenty clubs will utilize the curriculum and market their clubs in an effort to promote awareness in their respected communities and create inclusive environments.

Accomplishments and Impacts

Purposefully creating an inclusive environment for youth with DD will increase the effectiveness of the North Carolina 4-H program in meeting the needs of our state youth. Every child has the right to participate in educational/recreational programs and the North Carolina 4-H program has accepted the challenge of developing character and assets in our young people regardless of their limitations. The anticipated impacts of this unique program are expected to be profound as this project moves from its planning phase to its first year of implementation. To date, over four hundred (400) youth and one hundred (100) county based 4-H volunteers have been through the "Inclusion" training program. Fifty (50) teen leaders have also been trained as TRY (Teen-Reaching-Youth) "Inclusion" creating a dynamic leadership and volunteerism model that can be replicated in any state.

Collaborators

The North Carolina 4-H Youth Development Department, North Carolina Cooperative Extension Service, College of Agriculture and Life Science, NCSU and the North Carolina Council on Developmental Disabilities.

Contact Person(s)

Mitzi N. Stumpf Campus, Box 7606, NCSU, 209 Ricks Hall, NCSU, Raleigh, NC 27695-7606 Phone: (919) 515-8487, E-mail: mitzi_stumpf@ncsu.edu.